

# FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-nehc.med.navy.mil/hp>

Subscribe to this publication by visiting our web site. Click on "Friday Facts"



## Friday FACTS

26 August 2005

"Leadership, Partnership, and Championship"

### Navy Culture of Fitness: The Way Ahead

By: Diana Settles, MAT, ATC  
NEHC Physical Fitness Program Manager

Navy Medicine is working aggressively with the six super Budget Submitting Offices (BSOs) to develop and institutionalize a physical fitness maintenance and assessment strategy that fosters a "culture of fitness" in the Navy. The goal is to positively impact operational readiness, improve the health and fitness of our personnel and reduce the preventable healthcare costs in the coming decade.



"A fit force increases the wellness and productivity of our personnel and decreases lost man-hours over time," said Vice Admiral Gerry Hoewing, Chief of Naval Personnel. "We must therefore recognize that physical fitness is a readiness issue best addressed by creating a culture that promotes healthy lifestyles and provides sailors with the leadership, tools, and time to achieve and maintain fitness goals."

Throughout FY 05, Navy Medicine has been working collaboratively with Fleet Forces Command (CFFC) to develop a healthy lifestyle standard and posture/attitude for Sailors. Recently, Navy Medicine physical fitness experts were called to participate in a Culture of Fitness Working Group chartered by the Chief of Naval Personnel. Top physical fitness experts from the medical, training, research, personnel, facility, and shore and fleet operations' communities developed key short and long-term recommendations to improve the Navy's Culture of Fitness.

The "Culture of Fitness" plan was recently presented to the Chief of Naval Personnel, the six BSOs, and others. That group approved the creation of a Fitness Board of Advisors, now known as the "FITBOA" to lead the effort to develop and focus on a Navy-wide physical fitness strategy.

**The Problem:** The 2002 DoD Survey of Health Related Behaviors Among Military Personnel finds that the Navy does not have a Culture of Fitness. Only 56% of Sailors report exercising three or more times a week and approximately 37% of Sailors are overweight (the highest percentage among the services). According to the former Chief of Naval Operations, Adm. Vern Clark, "The Navy has a culture of a fitness test [rather] than a culture of fitness".

**FITBOA Membership:** The FITBOA will be composed of representation from the six BSOs, Chief of Naval Reserve (CNR), Master Chief Petty Officer of the Navy (MCPON) and Navy Office of Information (CHINFO). The six BSOs include the following: Manpower, Personnel, Training, and Education (MPT&E); Commander Fleet Forces Command (CFFC); Bureau of Medicine and Surgery (BUMED); Office of Naval Intelligence (ONI); Commander Navy Installations (CNI); and Naval Sea Systems Command (SYSCOM). Navy Medicine fitness experts will be included from the Bureau of Medicine and Surgery, the Navy Environmental Health Center, the Naval Health Research Center, Special Warfare, and the Navy Education and Training Command.

**Next Steps:** RDML Jamie Barnett, N-17, will lead the effort to develop and focus this Navy-wide physical fitness strategy to establish a Culture of Fitness throughout the Navy. The inaugural meeting of the FITBOA will be in Washington DC, 7-8 September.

### September HP Toolbox Materials Ready for Your Use

Promote a fit and healthy workforce with your Health Promotion Toolbox. Easy-to-use, no-cost materials and activity ideas for September – Dental Health Month are ready now at:

[http://www-nehc.med.navy.mil/hp/HP\\_Toolbox.htm](http://www-nehc.med.navy.mil/hp/HP_Toolbox.htm).